

# Anti-inflammatory Plants: An Elementary Review

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## Abstract

The inflammatory action is described as a chain of events that arise in response to noxious stimuli, infection or trauma. Various botanical species and plant parts comprise a diverse array of polyphenolic non-steroidal phytochemicals that are incorporated as floral pigments for the attraction of insects as their pollination. Various autoimmune disorders are defined by distinct inflammation and associated failure of the repair process. Pro-inflammatory molecules like TNF, certain interleukins, prostaglandins and even pathogenic concentration of nitric oxide are instrumental in raising such response. More interestingly, nitric oxide has been shown to have the ability to stimulate COX-2 showing a potential synergism. *Bryophyllum pinnatum* commonly known in some parts of Africa as “good luck” or “resurrection plant”, often used as an herbal remedy for human disorders, including: hypertension, diabetes mellitus, rheumatism, joint pains, insect bites, arthritis, bruises, wounds, boils, abscesses, headaches, and body pains. The leaves are also used for inguinal lymphadenitis and ear diseases. Rue contains different active compounds, out of them rutin, a flavonoid, is known to have nitric oxide scavenging activity.